

QC

INNOVATION:

Canada's role in marketing and how to gain a local edge **P. 10**

READ MY BOOK:

Angela Freriks's brain tumour experience in *Cranium Crisis* **P. 17**

SHARP EATS:

Gold medal chefs turn food into art at annual nationwide event **P. 18**

SLOW AND STEADY IN CITY HALL

HOW PATIENCE AND AMBITION PAID OFF FOR MAYOR FOUGERE **P. 11**



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ON THE COVER P. 11



Major Michael Fougere, who grew up in Nova Scotia, knew from an early age he was destined for a career in politics. QC PHOTO BY MICHAEL BELL

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Melissa Rodrigue and her dog Choc at White Birch. Took near White City her favourite place to walk her dog. QC PHOTO BY MICHAEL BELL

QC COVER PHOTO BY MICHAEL BELL

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IN THE CITY

NOVEMBER 30, 2013 — 3:51 P.M.

Keep the home fires burning



Conrad Volman tends to a fire in front of the German Club in Rhine. Volman was a volunteer at Christkindmarkt, an old-fashioned German Christmas market, held on Saturday at Philip R. Hall Ball.

YOUR FAVOURITE PLACE
QC wants to hear about your favourite place in Regina. Email: QC@leaderpost.com

MY FAVOURITE PLACE

Trails offer peace and quiet for dog owners

By Ashley Martin

About four years ago, Melissa Rodrigue discovered White Butte Trails. She was seeking an alternative to the dog park to let her Great Dane Orson, now 10½, off leash. Sometime around 2009, these trails located just north of White City and she's loved them ever since.

Though White Butte does post signs requiring owners to leash their pets, Rodrigue says dog owners seem to have an understanding about keeping their pets under control. It's pretty unpopulated as it is, she says.

"Hopefully not too many people will read my secret and start going out there," she says with a laugh.

QC: What are the trails used for?

A: It's a really great sort of nature preserve. In the summer you can have hikes there, you can take your horses, horseback riding there, so it's used by everybody for anything in the summertime. Then in the winter it's used for cross-country skiing, but the dog trail remains the dog trail in the wintertime. It's open all year round and it's groomed, so you don't have to worry about the snow.

There is a washroom available. There's a warming shack out there that you can build a fire in.

It's not hot so we don't usually stay out past dusk. It's really easy to find, you can Google it and it comes up.

QC: Does Orson like to be off-leash?

A: He does really like to run. He kind of grazes, he looks like a little horse galloping when he runs. When he was a puppy we took him to the dog park a lot but... he likes to wrestle a lot so I didn't want to bother the other dogs.

We were always just walking around our neighbourhood and I just was looking for an alternative to the dog park (well) being able to let him off-leash.

QC: Why do you love it there?



Melissa Rodrigue and her dog Orson at White Butte Trails near White City, a peaceful and quiet place where Orson loves to run. QC PHOTO BY MICHAEL BELL.

Because it's quiet. It's low traffic, so there's not a lot of people, there's not a lot of other dogs. We only occasionally come across another dog and their owners. We sort of just cross paths and keep going. I like it (it) downtown in the city because it's a really quick drive, and the fact that it's open year round is really nice.

QC: How often do you go?

A: I go in the summertime at least once a week, mainly on the week-

ends but I will go in the winter if it's warmer than 20C. Orson I made a coat for him, he seems to have out and as long as we're moving he stays warm. And because it's groomed, his feet don't stick in the snow so he's not that cold. So in the winter time I'll probably go at least twice a month.

QC: Is it always the same out there?

A: Every time is actually different just because the foliage is constan-

tly changing. We do tend to wear off the path every once in a while just because it is so quiet out there and you're never running into people all the time.

I do take kind of a different path every single time. I have noticed that they've added a few little loops off the dog path so we do go different directions.

I often go with my mother who brings her dog, or I go with my parents dogs so a lot of the time Orson

will have a friend to run around with. Or it's just me and him and I love taking pictures with him.

We'll go at different times of the day so it's in the middle of the day and there's lots of sun, or it's maybe at sunset and there's a nice glow in the light. It's kind of different every time.

It is very very peaceful. It's quiet, you can listen to nature. I love it out there. It's almost like meditating when I go.

SPACES

Spaces celebrates beauty both indoors and out. If you have a space we should highlight, email QC@leaderpost.com

REGINA'S BEST SPACES

The Force is with tattoo-shop owner

By Andrew Matto

WHAT? Terry Oh

WHAT? In The Flesh, a custom tattoo shop that opened seven years ago

WHEN? In The Flesh moved to a new location in February after while and gambler's den moved out of the space at 1320 St. John St.

WHY? Oh wanted to make sure the décor of his shop reflected his complex mix of creativity and style. Since the retailer that used the shop before installed new lighting and high-end floors, all Oh was left with was to paint and decorate.

"Whenever I move into a new space, whether it's a house or a business, I look at the whole map of the space and how it flows on the inside and the outside," he said. "I usually keep things pretty consistent. My bedroom is all red and black, and my shop is red and black. Those are the colours we just feel most comfortable with."

Oh also wanted the shop to look professional, and above all, sanitary.

"When someone walks into a tattoo shop, it's important that they think it's cool. And there are some places where you walk in and say, 'Oh, I want to touch anything in here?' I don't want that."

HOW? With the help of friends, Oh did all the decorating and painting himself. He also bartered for other things and services. "I have a lot of clients who have a lot of friends who were willing to trade. So the dollar amount isn't that high but the value of what I was able to do is worth a lot of money."

The hunt was on for items to complete the space, such as getting an antique rack from Ikea for the waiting room and buying a carpet from Carpet Warehouse. Waiting room chairs and a coffee table were purchased at Junk. The shop has plenty of custom shopware, including a space-themed table in a wall, a guitar Oh used from his days as a member of local rock band 1,234,567 and art made of laser cut sheet metal in the shape of skulls. There's also a custom in The Flesh sign created with the help of a friend who works at an autobody shop.



SPACES



"It turned out really cool but it is a bit really awful of wood that we cut and painted." On said.

There are also plenty of masks. "I'm not sure why I like masks. But I do." And an oversized mirror gets a lot of use by clients. "It's probably the most used thing in the shop."

But the most unique features are the Star Wars-themed toys that hang from walls and sit on shelves.

Forster a Star Wars fan, he started collecting his collection from the movie franchise a few years ago. The items represent a link to his youth as he also accepts items from his father who has his own large collection of Darth Vader and Stormtrooper figures.

"My dad is slowly selling me his collection," says On, who owned more than a few Star Wars toys as a kid.

"I remember selling my collection at a garage sale. And it's pretty cool to see it in a shop."

QC PHOTOS
BY BRYAN SCHLOSSER



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NEXT WEEK: What do you think of soothers?
Email qc@leaderpost.com

PARENT TO PARENT

Each week QC gathers advice from parents to share with other moms and dads. This week we asked:

How do you deal with sibling fighting?



"Separation is very awkward and after they cool off we tell..." — Shelley Stahl Hirschert

"Well, I only have one rule now with another on the way: for (by the way) come that happens, I probably let them try and figure it out first but be on the side. In case it just out of hand, if that happens, then they get separated and they're had some time to cool down and discuss it." — Nicole Sanders

"A lot of both / let them try and work it out, and steps when it escalates to so much screaming (I have two girls) at each other that there is no way they are leaving each other, never mind working it out!" — Jane Gyster

"Let them work it out for the most part." — Corinne Dobson

"We are really lucky as our kids are younger and haven't gotten into the sibling fighting stage. The most we have had to deal with is our older son not being too little when touching his legs sometimes. When this happens, we try to encourage him to track his foot to build. Does this work all the time? Of course not! Other times we just redirect and apologize to solve the problem." — Alyssa Gervais

"We tell her to request each other to look out for each other and to allow each other time to be alone. They are so close in age that there is not a whole lot of fighting going on, and they enjoy each other's company and the sibling." — Carla Giesbrecht

"I have two children and I try to be fair (if they are both at each other) tell them both to stop." — Crystal Robinson

"My four-year-old twins fight CONSTANTLY! separate them as best as I can when they start to fight until they're able to calm down enough to be reasonable. I ask each boy his role in the argument and try to encourage them to work out their own compromise at the end of everything. The most important thing is when they've had a fight they have to hug it out, to let each other know we're happy." — Michelle Gaudet

"Our kids were always together. They never fought, or at least I don't remember them fighting at all. They still love each other a lot today as young adults." — Julie S

"My kids argue a lot. We try to let them resolve it themselves and when that doesn't work we take away the privilege of fighting over." — Mike McKay

FASHION

Do you have fashion advice to share with our readers?
Email us at QC@leaderpost.com

REGINA FASHION

Melissa Normandin: Chic blogess inspired in Paris

By Ashley Martin

Melissa Normandin has worked as an assistant buyer for Queen V for over a year. The job suits the avid shopper — it's basically shopping for a living.

Queen V has led for her new fashion blog, The Girl Behind the Pages. She's always enjoyed telling people about her finds, and with the blog, she's decided to say it out loud.

GRIT AND GLAMOUR

She launched The Girl Behind the Pages this summer, posting weekly about style, music and other trends.

"I'm literally taking to my e-mail and putting it on the Internet, and I received feedback from 60-year-olds. I've received feedback from actual bar name brands [House of Harlow] — which is really big for someone from Regina."

FASHION FET

"I just have been four and I remember I had two ideas I wanted to choose from — and I wore one across (my pants) diagonally and one across (the other) way and I remember thinking, 'This is strange, but I'm doing it.' That's probably my fondest memory of being unconventional about how I wear clothes."

PINEFRONTION

"I'm obsessed right now with the picture I found on Pinterest of a girl in just a standard black dress, strappy black heels and she has Nike sport socks on. I'm so drawn into that."

DAY TO DAY

Normandin's day job is as an executive assistant at the U of R. Her career wear isn't always conventional, but her colleagues support it.

"I really love dressing each day for how I feel, and that's not always on. That's sometimes a little bit more casual, then really dressed up. They let me be me."

PARIS A LA MODE

Normandin spent a month in Paris in September during Fashion Week, which has inspired many of her recent posts. As well as her travels, or "inspiration," food was top of mind.

"Paris (Fashion Week) is really just eat, eat, eat, so I know I won't be going to get into any shows. I just hung out outside and photographed some really beautiful people. And then I went for dinner after."



Melissa Normandin with posts at Queen V Fashion House.

Ensemble du jour

- EARRINGS:** The key "I really like circles and diamonds"
- NAILS:** I just did them because I'm going to New York tomorrow... I hope to fit right in"
- NECKLACE:** Queen V "It was a birthday present. I like that it's this triangle shape"
- TOP:** Love and Friends from Queen V
- CUFF BRACELET:** Queen V "I love this because it's got that hard edge"
- WEIST CANNY:** Beaded bracelets from Etsy "I really like Etsy. I like the idea that I know the person that made something that I really enjoy"
- Wrist:** Tennis watch and silver bracelet from her mom
- PAINTS:** Functional sweat pants from Queen V "I love the idea of a traditionally casual/sports-like sweatpants updated that power wear/unofficially"
- BOOTS:** Celine Dion "They're an awesome wedge boot, which makes it easy to walk in. I bought them from Zoes after I used them in a [blog] post. I had taken some pictures of them and couldn't stop thinking about them, so I had to buy them."

QC PHOTOS
BY RYAN SCHLOSSER

INNOVATION

TODD FALKOWSKY

Using a prairie identity as a business tool

By Andrew Matto

Todd Falkowsky lives in Toronto and has worked in Holland, Spain and New York. But he came to his home town of Regina recently to visit family and to give a lecture to members of the local chapter of The Society for Graphic Designers of Canada.

Falkowsky carries a briefing bag business and branding advice to companies seeking ways to fine tune their strategies. And he's full of ideas when it comes to helping companies maximize potential.

The crux of Falkowsky's lecture was about how Canada fits into the world of design and how Saskatchewan can be a focus for entrepreneurs looking for the edge over their competitors.

Q: How do you describe your work with the Canadian Design Alliance in Toronto?

A: We basically go into a business and offer design and creative help. We help them with everything from repositioning to branding.

Q: The talk a lot of about location. What does location have to do with most such as branding and marketing?

A: When a product is linked to a place, it gives it more value. People are connected to places and that's a big advantage — reach in the same way we all know Starbucks is a place to record music or what Silicon Valley did for IT.

Q: Do entrepreneurs can profit from some sort of creative use of the Canadian identity?

A: I believe that Canadians are behind when it comes to using location as a concept. Traditionally, Canada has been a holder of raw materials to market in Europe when there was a steady demand for things like beaver pelts and materials from forestry

Q: Doesn't Canada rely heavily on profits from the same raw materials?
A: It's not enough to cut a tree down



Todd Falkowsky gave a lecture in Regina recently on marketing and helping companies maximize their potential. QC PHOTO BY TRIP DUTCH

and sell it just as it's not enough to harvest the wood and sell it. We have to look at value added products and services — life know that Berens are made in Italy or Swiss watches are made in Switzerland, that look can add tremendous value. Canada could be doing the same thing.

Q: So what's your advice?

A: For instance, outside Canada, hockey and the banner are what Canadians are known for. We own those. They might seem trivial to us, but

that's how the world sees Canada. And Canada owns winter. And there is no much we could be doing with that. If you look at the automobile industry, we could be outfitting vehicles for cold weather driving. Or products for outdoor products, whether it's having to do with heating. Taking or branding the world would look to Saskatchewan for expertise. It's all most like intellectual property.

Q: How does Saskatchewan play into this?

A: What I think about are the things that are native to Saskatchewan. I think about the pioneer days, finding a way to make your own repairs on the farms and the ubiquitous way of life of living on the land and tool making. That's key — they could very well have come out of Saskatchewan — anything having to do with the outdoors and cold weather. Saskatchewan could own that. Whether it's parson or boots, these things could be products to Saskatchewan.

Q: Aren't you serious about someone stealing your idea?

A: I look at it like this: Once you learn the code, we know where the best places will explode and that's where we should spend our money.

Cooking up the idea isn't the secret. Doing the work and implementing, that's the challenge. I love going ideas away. If someone takes one of my days and uses their own innovation and is a success with one of my ideas, that would be awesome.

ON THE COVER

I can't change who I am. And I won't.

— Michael Fougere

MICHAEL FOUGERE

How Fougere found his way to City Hall



Mayor Michael Fougere, shown here in his office at Regina City Hall, says being elected into public office "was like a calling." (CP PHOTO BY BOB HELEY)

By Andrew Matto

A jobster trip couldn't keep the future mayor of Regina at home in Nova Scotia.

Michael Fougere was too curious, too hungry for knowledge and too ambitious. As a teen, he was accepted to university but didn't know it because his father had the letter

When the young man found it, his mind was already made up.

"I remember deciding right then that I would for sure go to university," says Fougere.

Besides later, the ambition and drive but steady approach continues to bear fruit for this American-born citizen.

With a year as mayor, Fougere's

path to City Hall began in Michigan where he was dazzled by speeches by the likes of John F. Kennedy and Martin Luther King Jr. After high school, he developed his trademark Fougere trait of careful planning and quiet execution that has served him well in life and in law. It's also helped him follow his dream through the corridors of power.

"It sounds cliché to say, but being elected into public office was like a calling."

The only one of five siblings to earn a high school diploma, Fougere moved away for university despite his father's protests, before setting out to challenge his views about politics and government. De-termination, and patience, served

him well personally too, whether it was quietly smoking or drinking for a half-memorial.

And while Fougere might be known to some as the man with the blue suit and hair uncommonly dark and slick for a man his age — he's 57 — he's known differently to others.

Continued on Page 12

I told Cindy right from the beginning that I wanted to someday run for political office. I wanted her to know that.
—Fougere

He's a recreational drummer, an artist and a Led Zepplin fan. But the pursuits of semiretired status and finally revisit his blues.

Thomas Fougere, the oldest of three adult children to Cindy and Michael, says he learned from his father that success comes from hard work.

"My dad was always an early-morning guy," says Thomas, 35, a Wuxley designer and artist.

"He would be awake hours before anyone else. I think he liked knowing that time to himself got work done."

I think he did that so that he could be there for us."

• • • • •

Fougere's father John was a Marikane who left Nova Scotia after the Second World War to work on the ships that sailed the St. Lawrence Seaway from the Atlantic to Montreal and Detroit. John was a boxer with a big personality who found humour wherever he

could.

But John grew tired of working on the ships and decided to stay in Michigan to make a new life for himself in Detroit rather than return home between continents.

He met and married Linda, a woman from North York, together they had five children: Bob, Laurie, Barbara, Ken and Michael, the youngest.

A good friend for the family once when the political climate became too much for the couple. The infamous race-related charges prompted the Fougere to move to Nova Scotia to be among John's extended family.

"I remember my dad being worried," Fougere says. "When I was 11 or 12, what was happening politically didn't affect you. But it affected my parents."

Life for the Fougere in communities like Moncton, New Brunswick and St. Peter was good. When young Michael was in high school, he felt empowered by education and believed in the notion of a determined career. He made it his goal to avoid a life in rural Nova Scotia.



Michael Fougere (right) runs with Anne Barlow (center) during an early morning run on Hix Avenue in November. (COURTESY MICHAEL FOUGERE)

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I have had some people say some pretty offensive things to me. It's rare, but it happens. But I'm able to separate that — Fougere



Mayor Michael Fougere smiles along his son's drums in the basement of the family's Regency house. When Fougere was young, his parents bought the Led Zeppelin set his first drum kit. CP PHOTO BY MICHAEL KOLA

"To me, that was boring. I wanted to learn."

He attended St. Francis Xavier University and the London School of Economics — and loved it.

"When I was at university, I loved having conversations with people from different political backgrounds — those were the people I wanted to be around," says Fougere.

Though he shared his father's work ethic, as well as a willingness to leave home, John urged his son to stay.

"But I couldn't... I wanted more. I wanted something different," says Fougere.

After graduating, he sought work that involved politics and the public service. He moved to Ottawa to work for the Progressive Conservative Party and took jobs working for MPs.

His personal life began to mirror his work success.

He played sports as a kid in Michigan but was drawn to jogging as an adult because it offered a respite from cerebral pursuits. When he was a student in England, he even quit smoking because running with a smoker's lungs became problematic.

"I quit cold turkey. When I started to run, I had no lung capacity. I just couldn't do it," he says, acknowledging that being in an endurance setting helped him kick the habit.

Jogging remains an important part of his schedule. He's an all-son man: his wife's had to scale back his regimen to a few times a week after having a major.

"It's about giving you a chance to think about things. I feel energized. It clears my mind."

A fan of rock music in his youth, Fougere's parents bought him a used set drum kit that he used to name:

the sounds of Led Zeppelin, Pink Floyd and The Eagles.

"I've always loved to play. I was attracted to the physical part of it."

He now has permission from his son-in-law to use his drum set in the basement of their east-end home.

While working in Ottawa, he made one of his most important plans after meeting a woman in Regina, Fougere-like: proposal plans were underway.

"I wasn't even thinking about marriage. But when I got back to Ottawa, I decided that this is the woman I wanted to marry," Fougere says.

"I went to Regina and got her."

By then, Fougere had set another goal: With a professor for policy toward war memorials from his childhood of speeches from American political leaders, he set his sights on political office.

"I told Cindy right from the beginning that I wanted to someday run for political office. I wanted her to know that," says Fougere of his 1984 marriage to Cindy.

"I always remember speeches from John Kennedy. It was all about the century. It was beautiful."

Continued on Page 14

Like his time on council, his campaign for mayor was very safe and very low key
And that is a defining characteristic of Michael Fougere — safe and low key. — Tina Beaudry-Mellor

After moving to Winnipeg from Ottawa, the couple settled in Regina where Michael worked with the provincial government's economic department. The seemingly no-frills job meant he often travelled overseas to lobby government and business to invest in Saskatchewan.

In 1997, Fougere's political plans were realized when he was a seat on Regina City Council where he was considered far more than one of the boys. And today was still a theme in his life and another goal was set. He wanted to be the mayor.

He chatted often with then mayor Pat Fazio about his aspirations. "I only go as far as to say the fact I was a supporter of Pat Fazio. He was a terrific mayor but I was going to run only when he made it known he wasn't going to run again," Fougere says.

It took longer than he expected. Fougere considers his days he would have sought political office elsewhere had Fazio not stepped down last year and opted to seek another mandate beyond the 12 years he served.

"I don't know what I would have done, to be honest but I would have looked at something else," he says.

Fougere says he thrives on the work, whether it's a long meeting to discuss bylaws or fielding a request by a community organization asking that the mayor make an appearance.

Even when you're at a function at a service's complex or some other like that, you learn something," Fougere says.

He concedes to a few mistakes, such as asking a TV reporter to report his answer to a question after sending him through his first attempt. He has also learned to sometimes temper his emotions, such as ever coming occasional frustration with long meetings.

"I had to remind myself that you have to let the process run its course sometimes."

The Fougere agenda has also threatened his efforts outside City Hall. Overzealous pigging even led to a strain fracture in his foot. "I had to scale things back a bit," he says.



Michael Fougere and second son in his first son-in-law John Ketcher, Chief of Police of Saskatchewan, as the city's new mayor during a ceremony at City Hall on Nov. 3, 2012. (COURTESY: MICHAEL FOUGERE)

It's even learned to put into perspective the occasional personal as well that comes with the job.

"I have had some people say some pretty atrocious things to me. It's rare, but it happens. But I'm able to separate that," he says.

However, he admits when his children as mayor are questioned when his slow but steady political style is

compared to Fazio's fast talking, common sense approach.

"I can't change who I am. And I won't."

While he didn't inherit his father's outgoing nature, there is more to what voters read in the newspaper and see on the TV news, he says.

At one time or another, people will see more of the personal side just as

they did with Pat."

Tina Beaudry-Mellor, who teaches in the University of Regina's political science department, says Fougere brings a lot to the table when it comes to handling both economics and policy that Fougere doesn't connect with voters in the same way Fazio

did, she says.

"He has a very good policy mind. But at some point you have to appeal to a voter who is looking for that emotional response. And he isn't always giving you an emotional response," says Beaudry-Mellor, who ran unsuccessfully for a seat on Regina council in the 2010 municipal election.

My Christmas gift to him every year is a biography on Churchill or somebody like that. He just eats those boring books up like you wouldn't believe. — Thomas Fougere

"Like his time on council, his campaign for mayor was very safe and very low key. And that is a defining characteristic of Michael Fougere — safe and low key."

Fougere applies his attention to detail, man date to the aptly of his term as mayor. He returns a notice each time a reporter contacts the city's media relations department and often returns calls himself. During the two interviews for this story, Herman Holabof, Fougere's chief of staff, came to observe.

Bowdrie Miller says voters are beginning to see Fougere's style emerge. The success he enjoyed this fall after voters rubber-stamped his plans to build a new sewage-treatment plant helped Fougere differentiate himself from Pierson, she says.

"I see that as him beginning to come out as one person as a leader — wanting the voters, then was very validating for him."

♦ ♦ ♦ ♦

Thomas says he and his dad share an important family trait:

Acknowledging that his dad has had the same harvest for years, and that his approach to farming is best described as predictable, there is more going on than people realize.

"I dress pretty much the same way all the time too. It eliminates that decision every day. It's maybe just about the elimination of unnecessary decisions and saves your brain for more important things," Thomas says. "Like my father, I've had the same harvest since I was 30."

For the record, Fougere says he doesn't dye his hair and doesn't use hair gel. "I won't get into details, but my hair can stand up to [the] work."

Thomas also says his dad's creative streak manifests itself in music and politics.

"Being creative isn't just about your hand hitting a piece of paper or a note ring. It's about perceiving things," says Thomas.

Hence, an interest in politics is what Fougere has always been most known for even at home.

"My Christmas gift to him every year is a biography on Churchill or somebody like that. He just eats those boring books up like you wouldn't believe."

Journalist: leaderpost.com



Mayor Michael Fougere speaks to journalists after the results of the wastewater referendum indicated the "vote no" side won in September 2013. CP PHOTO BY TREVIN BISS

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MUSIC

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#MORGAN MAYER

Determination comes naturally for local singer

A boy like this music to the ears of Regina's Morgan Mayer. Not only is her schedule crisscrossed with her work as a singer-songwriter, she's a member of a new all-girl trio called Dark With No Makeup and has plans to work with Regina musician Alex Duncan on her upcoming project. To top it off, the 23-year-old works full time as a tutor at the Royal Bank and part-time as a server at Papa John's. But she says living a hectic life because she can also embrace it about making music, whether or not her dream is to earn a living performing and recording comes true. A two-time recipient of Regina Radio's "Local Legend" award, which gives artists \$10,000 to help record music, Mayer is planning to put the four tracks on her second album. She says she's working on a "medium sound," a country-tinged folk sound that's different from the punk-inspired pop music that she wrote as a teenager.

—ANDREW MITTE

“I would love to have a career in music.

Having a career in something you love doing is everybody's dream. But sometimes, it doesn't pay the bills, so it's about sacrificing and doing what you need to do make that dream a reality.

“My last album didn't turn out quite the way I wanted. So I'm looking for a new producer, or I might produce it myself. I'm still not sure what will happen next. I hired musicians and we all sang our hearts out. It was great but there are a few things I want to tweak before I release it to the public.

“When I was going to Campbell Collegiate, I was a choir nerd. When everyone else was partying, I was at choir or doing something with Do It With Class or SaskExpress.”

“I'm really excited about seeing the Saskatchewan music industry grow and being a part of it.”



PHOTO BY ANDREW MITTE

READ MY BOOK

LOCAL AUTHORS: Writers tell us what makes their book worth reading

ANGELA PERIKS

Survivor's 'lighthearted read' about brain tumour

Angela Fernald — a 4/8 of *Chrysomelids*

It all started when I decided to attend some workshops with writer-in-residence Alice Kruger. I worked with Alice, and she encouraged me to "put the words on the page." I originally started writing a fiction book, but decided to set that manuscript aside.

Suddenly, I felt inspired to write an authentic story and I believe it's a story worth telling. *Journal about my thoughts and experiences in a newly released book entitled Cross the Circle*, published by Wood Alice Press in Waukegan.

Readers will enjoy the book because they will be in my company as I tell about my journey with a brain tumour diagnosis, symptomatic seizures, a life-threatening operation

and recovery.

It's a sightseeing need I used a race of hope, faith and humor to cope during a very trying time in my life. Hopefully my words will make people appreciate their fortunate good health. I want to encourage anyone facing a difficult or uncertain crisis in their life to never give up hope. My husband and I, along with my tumour, climbed Grosvenor Mount, as anything is possible. We collected pledges and raised money for the Brain Tumour Foundation of Canada.

It's an intriguing story shared by a brain tumour survivor with photos in the middle. I feel like I've been given a second chance at life. I felt compelled to write about my

personal journey, but included other examples, as the book isn't strictly health related. Other memoirs have been included.

I'm a first-time author. I was born and raised in Waybarn, but now live in Saskatoon with my husband. I operate my own read service. It's very gratifying to see my book on the bookstore shelves lying on my clients' nightstands, and knowing it's in the hands of friends and friends.

The book is available in paperback at Indigo and McNally Robinson Bookellers, as well as online through Chapters/Indigo, Amazon.com/ ca, Alex, eBook formats are for sale on Amazon Kindle, Apple iPad, Sony eReader and Chapters/Indigo Echo.



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QC PHOTOS
BY ANDREW MATTE

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OUTSIDE THE LINES



Colouring contest

Each week artist Stephanie McKay creates a family illustration meant to please lots of all ages.

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Last week's QC colouring contest winner was **Kyeen Rogers**. Congratulations! Thanks to all for your colourful submissions. Try again this week!



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ON THE SCENE

#DEAN RENWICK'S MOUSTACHE BASH



More On The Scene photos on Page 22

ON THE SCENE

View more On the Scene photos
at [Facebook.com/QCRegina](https://www.facebook.com/QCRegina).

#DEAN RENWICK'S MOUSTACHE RASH



In November, moustaches aren't reserved for the faces of bester men. They've become ubiquitous as November's fundraiser for men's health has gained popularity. But on Saturday, local fashion designer Dean Renwick went one further. He made the moustache stylish.

The Moustache Bash served as a launching pad for Renwick's 2014 spring collection. The evening's events included a runway show, live auction and dance party with DJ Drew Glaser at the University of Regina Shaw Theatre. But it wasn't all for fun. The 140 people in attendance helped raise over \$10,000 for the Regina Hospital's Prostate Assessment Centre.

1. Sam Hasek, Troy Plocco, Cole and Jennifer Hubick

2. Use and Dan Treash

3. Todd and Pam Munsky and A.J. Delamater

4. Nathan Brenner and Roberta McKay

5. Dorothy and Perry Dunn

6. Zuzan Pospisil, Rachel McKee and their baby Liaison

7. Bill Johnson and Connie Thompson

8. Lucinda Lubomovich and Felicia Morski

9. Andrew Bess and Alyssa Dunn

10. Garth and Melissa Chalko

11. Carol Bachynski and Sherrine Jukis

12. Jason and Marie Dewald

13. Sandy Dunne



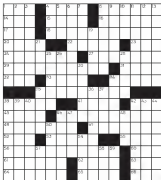
QC PHOTOS BY MICHAEL BELL

#CROSSWORD

NEW YORK TIMES Edited by Will Shortz

ACROSS

- 1 Windy south the snow?
 4 Missing word for one's age?
 6 Heat sat. It flows to
 14 Washington m.d.c.
 19 Value
 18 Country on
 4 Mediterranean
 17 Coastal river
 16 Part of a Halloween
 dinner?
 20 Get in fact us
 22 Number in a key
 23 Update her salary
 24 Soft shell clam
 27 "Pinto" pig
 companion
 29 Part of a Halloween
 dinner?
 31 Misadventure
 32 Steps to 22. After
 33 Inventive
 comedian?
 34 Chinese act
 35 Part of a Halloween
 dinner?
 36 Fancy drink
 40 Rock site
 42... called
 43 Red sea
 45 Part of a Halloween
 dinner?



PUZZLE BY JAMES HAMILTON

- 64 Peanut butter
 65 One putting the
 envelope?
 66 Something found on a
 Christmas tree
 67 Certain Halloween
 costumes, for short
 68 Getting better of "Go
 outside"
 69 Tube
 70 Part of a Halloween
 dinner?

DOWN

- 1 Fast food chain with a
 smiling lady in its logo
 2 Place
 3 Devilish verb
 4 Part of CPM. Also
 3 words last?
 5 Cold law
 6 "I'm not"
 7 And Caesar's leader
 8 Not based on
 9 What does the side

- 10 Loose ends
 11 Also, and others
 12 One who is
 13 Photos used in Middle
 Eastern cuisine
 14 Publisher's
 15 Phrases in "Do
 the Right Thing"
 16 "Whore"
 17 Art
 18 ... inside
 19 ... inside
 20 Thick, sweet liquor
 21 Fish
 22 "Is it"
 23 "Is it"
 24 "Is it"
 25 "Is it"
 26 "Is it"
 27 "Is it"
 28 "Is it"
 29 "Is it"

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Fill in the blank cells
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 (13-15).



Solution to the
 crossword puzzle and
 the Sudoku can be
 found on Page 26

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#ASK ELLIE

Good 'friend' is just stringing love-struck guy along

Q. I've known this girl for over a year. She was in a relationship with my fraternity brother. Before they became serious, she and I had a weekend together where, unexpectedly, things happened. When her boyfriend came into the picture, I stayed away but he stopped speaking to me. Since September, she and I are inseparable again to her friends.

She's aware that I want it to be serious. She's said the same. But now she's feeling around with some random guy because she doesn't want to ruin what she has.

The secret and someone who understands me so completely. She's told me she doesn't think she deserves to be happy. She knows we'd make each other completely happy but for whatever reason she won't allow it.

A. Really check. She's asking double-check. She may be a good friend as an understanding listener but she also knows how to keep you hopeful while she's with others.

The "I don't deserve happiness"

Ask Ellie



low minutes, "not with you, not now."

There may be reasons — baggage from the past — or not. Or she's just not into romance with you. Decide if you can handle a close friendship where you're being kept at arm's length physically. If not, like some dates.

Q. My boyfriend of four months is in basic training as a marine, so there's no phone or personal contact unless through a letter.

It's halfway through and sometimes I can't remember him — what he smells like, looks like, his laugh. I don't want to forget because I like him a lot.

Everyone's saying we probably aren't meant to be and it just makes me sad. I hate when people say we're too young to know what love is. I'm soon 18 and I just don't believe that.

I need some hope back.

Missing Him

A. No one knows whether you're "meant to be" either. (Only time will tell, but even at 18, loving and missing someone can feel powerful, especially when there's forced absence.) Add to that the drama of his being in training for the marines, and it's no wonder your emotions are strong.

Four months isn't a long relationship, so it's also no surprise that your senses haven't memorized everything about him.

Meanwhile, he's absolutely missing you, too. The best ongoing connection is through letters of encouragement and support to him.

Q. My 13-year-old stepson sits and eats, and never gets full. He can eat 10 slices of pizza and more. I have to serve all his meals, otherwise he'll

take a portion for three people.

If he asks for lunch, I have to serve it for he's actually almost out the fridge. What should I do?

Constant Server

A. Stop serving him. He's not a child, rather a hungry teenage guy going through a fairly common pit here for boys.

Unless you suspect a new medical condition (e.g., gaining an insane weight), this is likely matching the energy he puts out just growing and developing.

Set up fridge containers that are "his," with sliced meats, cheeses, breads (for example so he can make himself sandwiches). Mark clearly those leftovers that are designated for a next meal, for the family, so he knows what NOT to eat.

Buy the reusable silver bowls (if healthy enough [young man] and in-serv) he shop with you weekly to do healthy living.

My own stepson loved the fridge at that age. I miss him now that he's an adult on his own.

Q. A couple in their late 40s married over 30 years have never gone out without the other since they met in high school. They've successfully raised three offspring and often helped their grandchildren.

Even when together they don't visit home around town beyond attending concerts, a cinema and visits to their children's homes.

He refers to her as "my wife," even when she's sitting beside him.

It's bizarre to me to never go anywhere around town and never go ANYWHERE without the same person always by your side.

Observer

A. Cold (if conflict, attachment, commitment, love) but don't judge. This partner may have been called "my wife." It's a bond they made and have shared for far more years than most who need some outside stimulation.

Concave, concave and gratitude can be a dull enough life in their life. The fact that it's not to your taste is of no significance. Appreciate them on their own merit.

Next week in

QC

MacKenzie Art Gallery
curator Michelle LaVallee

is passionate about bringing indigenous art to the mainstream



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GARDENING

NORFOLK ISLAND PINES

Going green for Christmas and beyond

By Erl Svendsen

Although many of its 1,000 residents trace their origins to Australia's penal colonies, Norfolk Island today is a peaceful haven of tranquility. With 1,100 inhabitants east of Australia, its chief claim to fame is the Norfolk Island pine (*Nrascaia heterophylla*). It resembles a spruce, is called a pine, but is actually neither. It's an evergreen, so refer to it as a tropical and subtropical pine, found throughout the South Pacific.

With the look of a traditional Christmas tree, Norfolk Island pines are found in garden centres and other retail outlets, especially at this time of year. A live potted evergreen, they make an excellent alternative to a cut tree and can resume their role as a houseplant once "the season" is over.

The short, slightly curved, midsize green needles occur singly and closely along young stems. Branches are held straight out or slightly upward-pointing from the main trunk, but the paired side-branches, along the main branches, may be slightly weepy or drooping, especially when grown indoors. The tree is very symmetrical, forming a triangle when viewed from the side, and a many-pointed star from the top looking in to its other common name "star pine."

In its native habitat, Norfolk Island pines reach 50 ft., but nowhere in Canada and only a few places in the United States can they be successfully grown outdoors to maturity. Even in Florida, where most of the potted Norfolk Island pines are grown for the landscaping market, they are easily dan-

gered by occasional frosts and all too-frequent hurricanes. So, indoors, it's slow growing with a somewhat weak trunk, often requiring support once it's over 2m — perhaps a good time to start fresh.

When determining ideal growing conditions for a houseplant, it is useful to look to its native outdoor environment for clues. "Subtropical" means short-day, temperate areas. Norfolk Island pines cannot tolerate shading or freezing, so keep them away from cold drafts from doors or windows. Also maximize the light and protect them during overcast days from snow or rain.

Originating from a small island suggests a preference for high humidity and dependable moisture, particularly during the winter when our prime homes are so dry. Additional moisture from humidifiers and aquariums or by placing the pot on a gravel tray filled with water (ensuring the bottom of the pot is not in contact with water) is beneficial. "Adapted to sand" means they require well-draining potting media. Water regularly to maintain a moist but not soggy root zone, taking care not to let the soil dry out completely.

Well-draining soil also implies that it does not require a great deal of nutrients to grow well. Transacton apply a half strength all-purpose houseplant fertilizer like 20-20-20 micronutrients monthly. Finally, that is a tree found in full sunlight in its native habitat. Provide lots of light in a south-facing window during winter and bright indirect light in summer. Remember to turn the plant occasionally to maintain a uniform shape.

If you decide to decorate your Norfolk Island pine for Christmas, use LED lights



A Norfolk Island Pine needs a tropical environment to thrive. For decorating, use LED (low heat emitting) lights. Photo courtesy of: @saskatoon

They give off very little heat that would otherwise dry the branches out, and they use very little energy, benefiting the environment and your

power bill. Maximize other decorations to avoid doing the tree's branch tips and shading the lower branches, too, to retain. Follow

the advice from Coco Chanel, 20th Century fashion icon: "When decorating, always take off the last thing you put on."

This column is provided courtesy of the Saskatoon Personal Society newsletter. hortensivision@comcast.net

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